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~~DEATH VISUALIZATION THERAPY~~

Abstract of the Disclosure

A therapeutic method and structure that facilitates healing estranged relationships, enhancing positive relationships, and breaking destructive habits. A first person is directed to see
5 a second person in a coffin. Prior to directing the first person to see the second person in a coffin, the first person may be tested for contraindications. ~~The coffin may contain a pillow and may be closed, partially open, or fully open.~~ The second person may, or may not, be in the coffin. The first person is prompted to express an emotion to the second person, followed by the first person expressing the emotion to the second person. The prompting may be by a facilitator
10 such as a professional therapist or a member of the clergy. The emotion may be any emotion. Examples of such emotions expressed by the first person include: a love for the second person, a missing of the second person, an appreciation of what the second person did for the first person, a regret for having shown the second person disrespect, and a wish for a second chance to relate to the second person. The first person may be further directed to envision himself or herself as
15 being at the first person's moment of despair (MOD) in relation to a destructive habit that the first person has. There may also be a post-testing phase in which the first person responds to questions that include the first person's attitude toward the second person.